Cir. No. 35 G
1,000—August, 1927

OTEC
371.14609713
059DE1S

ONTARIO

Ontario Department of Education

SYLLABUS

OF

SUMMER COURSES AND EXAMINATIONS

FOR

Teachers' Certificates

IN

Physical Education

1927

PRINTED BY ORDER OF
THE LEGISLATIVE ASSEMBLY OF ONTARIO

TORONTO
Printed and Published by the Printer to the King's Most Excellent Majesty
1927

SUMMER COURSES AND EXAMINATIONS FOR TEACHERS' CERTIFICATES IN PHYSICAL EDUCATION

1.—(1) Subject to such exemptions as may be granted by the Minister under these provisions, the work for the certificate in Elementary Physical Education may be completed in one Summer Course, that for the Supervisor's or Specialist's certificate in two Summer Courses.

(2) The holders of Strathcona Grade B certificates may be exempted from such exercises and examinations as are covered by said certificates.

(3) Before male candidates can be granted certificates as Supervisors or as Specialists in Physical Education, they are required to submit their Cadet Instructors' certificates to the Department.

Department of Militia and Defence

2. Candidates who have been duly admitted, and who pass the examinations and other tests prescribed, will be granted by the Department of Militia and Defence, Ottawa, (1) Strathcona Grade B Certificates; and (2) Cadet Instructors, Certificates, Grade A, which will also qualify the holders for the rank of Lieutenant in the Active Militia, upon application to the Director of Cadet Services.

Equipment

3. All women candidates are required to wear the regulation costume in the practice classes, consisting of short dark blue or black pleated skirt (knee-length), dark blue middy blouse, black stockings and black running shoes. Each candidate is required to supply her own one-piece bathing suit, head cap and bath towel. Each article to be distinctly marked with the owner's surname.

COURSES OF STUDY

4. The following are the courses of Parts I and II:

Part I

THEORY

For Men and Women

1. First Aid:

The anatomy and physiology of the human body will be briefly outlined. First aid as applied to injuries received in the home, school, school-yard and athletic field will be considered fully. Camp and industrial injuries will be discussed also.

2. Physical Education in the Educative Process:

This subject will embrace discussions of the relation of Physical Education to education in general and will include a study of the place of Drill, Calisthenics, Apparatus work, Games and Physical Examinations in a school programme. Other phases considered will be organization and administration of a Physical Education Department, Intramural Activities and Interscholastic Athletics.

3. Mass Athletics:

A consideration of the problem of handling large groups effectively and of arousing the active interest of all students in athletic activities within the school; a study of various methods of reaching every student and establishing individual, class and school competition in physical activities.

4. Health Talks:

Under this heading will be discussed what the teacher can do to further good health in schools; subject matter for health talks by teachers; the place of food, exercise, sleep and hygiene in maintaining good health; preventive measures for pupils.

Part I

PRACTICE

For Men

1. Gymnasium Tactics:

Class formations to suit the many conditions found in the schools of the province.
Marching tactics.
Gymnastic nomenclature.
Proper use of the voice.

2. Calisthenics:

Elementary exercises with light apparatus, such as wands, dumbbells, clubs.
Freehand drills.
Body building and corrective work.
Practice teaching in calisthenics.

3. Apparatus Work:

Elementary training and practice teaching in exercises for the following apparatus: horse, parallel bars, mats, vaulting-bar, buck, rings, and suspended ladder.

4. Group Games:

Practice in games suitable for the classroom, school yard, gymnasium and playground.

5. Team Games:

Indoor baseball, volley ball, basketball.

6. Track and Field Athletics:

A course in training methods and correct form for all standard track and field events.

7. Swimming:

(a) A talk on the organization and administration of the "water gymnasium," and on Teaching Methods; (b) Elementary Strokes and Life Saving Courses.

NOTE.—In order to secure standing, students must be able to swim at least two kinds of stroke, such as the crawl and the back strokes.

Part I

PRACTICE

For Women

1. General Gymnastics:
   (a) Swedish and Corrective exercises.
   Posture, postural defects improved by gymnastic movements.
   (b) Calisthenics exercises with hand apparatus (wands, dumbbells, clubs, etc.).
   (c) Class formations and marching tactics.
   (d) Special class in physical training leading to the Strathcona Grade B certificate.
   (e) Practice Teaching.

2. Games:
   (a) Gymnasium and playground group games.
   (b) Team games—basketball, softball, volleyball.
   Emphasis placed on the above from the standpoint of the player.
   (c) Field and track activities.

3. Apparatus:
   (a) Exercises on the stallbars, suspended ladder, rings, with a view to the correction of postural defects in the school child.
   (b) Horse, parallel bars.

4. National and Folk Dances:
   (a) National and folk dances of various countries.
   (b) Technical exercises.

5. Swimming:
   (a) A talk on the principles of organization and administration of the water gymnasium and Teaching Methods; (b)Elementary strokes and Practice Teaching.

Part II

THEORY

For Men and Women

1. Theory and Practice of Physical Education in Schools:
   A consideration of the growth of physical education in relation to general education; a further study of the organization of a Physical Education Department; programme of activities; construction and care of fields, courts, tracks and gymnasia; purchase and care of equipment; athletic associations; point systems; mass athletics; intramural activities; programmes for special occasions such as field days, festivals, gymnastic demonstrations; publicity, awards, managers.

2. Physical Examinations, Anthropometry and Corrective Exercises:
   An elementary study of these three most important phases of the modern director's duties.

   (a) Physical Examination:
   A discussion of the parts of the body, a study of which is desirable; what to

seek and the significance of certain conditions commonly seen in school children; the use of the stethoscope; a study of common spinal abnormalities; reaction of the heart to exercise.

(b) Anthropometry:

Parts to be measured; inter-relation of various measurements; weight-height-age charts.

(c) Corrective Exercises:

An outline of exercises and apparatus for correcting physical defects and faulty conditions commonly found in students, such as, drooping head, spinal curvatures, round shoulders, flat feet, malnutrition, constipation; diet for over- and under-weight children and adults.

3. First Aid and Physiology of Exercise:

(a) First Aid:

A further consideration of First Aid problems, with discussion of actual cases in students' experience.

(b) Physiology of Exercise:

A study of exercise in the physical and mental processes and the causes of such conditions as fatigue, breathlessness, second wind, overwork, stiffness; the effect of play, exercise, work, and rest on the body.

4. Athletic Training:

An outline of methods used in conditioning athletes in preparation for various athletic contests. The lectures will cover the care of the athlete, and the effect of diet, sleep, bathing, massage and clothing in his training; Minor injuries common to athletes, with their symptoms and treatment.

5. Major Sports—Coaching Methods and Officiating:

A comprehensive practical course to enable teachers to officiate in team games and to coach intelligently in basketball, rugby, baseball, hockey, track and field sports, with a consideration of such sports as boxing, tennis, skiing, soccer, lacrosse, handball.

6. Playgrounds:

A brief study of the theories of play; its nature; origin and growth of modern play movement. The playground as a social centre and described from the standpoint of location, equipment, activities, and administration.

Part II

PRACTICE

For Men

1. Calisthenics:

Practice teaching in calisthenic exercises continued.

2. Mimetics:

Fundamental movements of athletic contests adapted to classroom calisthenics.

3. Corrective Apparatus and its use.

4. Apparatus work:

Practice and practice teaching in progressively difficult exercises for the horse, mats, parallel bars, horizontal bar, ladder, rings.

5. Preparation of athletic displays.

6. Coaching Course:
   Practice of the material given in the lectures on major sports.

7. Minor Sports:
   Volleyball, hockey, boxing, single-sticks, handball.

8. Swimming:
   (a) Instruction and practice in various strokes—racers' turns—special activities, etc.
   (b) Life saving courses.
   (c) A talk on construction and equipment of the "water gymnasium."

NOTE.—Students registering for Part II should be able to swim at least two kinds of stroke n ord er to qualify for the practice work.

Part II

PRACTICE

For Women

1. General Gymnastics:
   (a) Continuation of Swedish and corrective exercises. Calisthenics exercises and drills with hand apparatus (wands, dumbbells, clubs, etc.). Class formations and marching tactics.
   (b) Mimetics. Fundamental movements imitative of athletic contests.
   (c) Practice teaching of the above gymnastics.

2. Games:
   (a) Minor—team and group games.
   (b) Major—basketball, softball, volleyball, field and ice hockey.
   Emphasis placed on organizing, refereeing and coaching the above games.
   (c) Field and track activities.

3. Apparatus:
   Horse, parallel-bars, horizontal bar and mat exercises.

4. National and Folk Dances:
   Including co-operative movements (advanced).
   Technical exercises (advanced).

5. Swimming:
   (a) Instruction and practice in various strokes, special activities, etc.
   (b) Life Saving course.
   (c) A talk on the construction and equipment of the "water gymnasium."

BOOKS OF REFERENCE

The following list of books is recommended for reference:

Syllabus of Physical Training for Schools, 1919 edition $0 50
Graded Exercises in Calisthenics and Gymnastic Apparatus for Junior High School, by George A. May, M.D. Edwards Bros., Ann Arbor, Mich 1 25
Games for the Playground, Home and Gymnasium, by Jessie Bancroft. Macmillan Co 1 50
Games, Contests and Relays, by S. C. Staley. Published by A. S. Barnes & Co., New York 3 75
Spalding's Athletic Library ..... each, 10c to 25

Text: "Gymnastic Teaching," by Wm. Skarstrom, M.D. American Physical Education Association, Springfield, Mass	2 50
Text: "Exercises on the Apparatus, Tumbling and Stunts," by Wittich and Reuter (Geo. M. Hendry)	2 50
Text: The Diving and Swimming Books, by G. H. Corson, Published by A. S. Barnes & Co., New York	3 50
The Royal Life Saving Society Handbook of Instruction	25
How to Live—Fisher and Fiske. Published by Funk and Wagnalls, New York	1 75
Manual of Dancing Steps, by Elsa Pohl	3 75
Text: "Intramural Athletics," by E. D. Mitchell, A.M. (Geo. M. Hendry)	2 00
Text: "Calisthenics," by S. C. Staley (Geo. M. Hendry)	3 00
Text: "Tumbling, Pyramid Building and Stunts for Girls and Women," by Bonnie and Donnie Cotteral (Geo. M. Hendry)	1 60
A Textbook of Gymnastics (new edition), by K. A. Knudson. Published by Lippincott, Philadelphia	3 00
Posture of School Children, by Jessie Bancroft. Published by Macmillan and Co	2 00
Manual of Corrective Gymnastics, by Lippet. Published by Macmillan and Co	1 75
325 Group Contests for the Playground, by Crombie	1 50
Track and Field Athletics for Girls. Spaulding's Athletic Library	25
Dances of the People, Dances of Denmark, Dances of the Homeland, by Elizabeth Burchenal. Published by G. Schirmer, New York....each	2 00
Folk Dances—Books I, II, III—by Louis Chalif. Published by Chalif, New York....each	2 00
Country Dance Tunes, by Cecil Sharp. Published by H. W. Gray Co., New York.	
Book of Instructions	1 50
Book of Music	1 00
Gymnastic Dancing—Clogs and Jigs, Volume V, by M. W. Hinman. Published by A. S. Barnes & Co., New York	2 00

EXAMINATIONS

5.—(1) The examination for the Strathcona Grade B and Cadet Instructors' certificates are held by the Department of Militia and Defence, and the results thereof are accepted by the Department of Education as parts of its examinations for certificates in Physical Education.

(2) The standing of candidates for certificates in Physical Education will be determined by the results of the sessional work, the final practical tests and the final written examinations. The following is the scheme of examinations and tests, and the maximum marks for each:

WRITTEN EXAMINATIONS

All candidates for Parts I and II will be required to write one examination on the work covered in lectures on theory—value 100. A minimum of fifty is required to pass.

SESSIONAL AND FINAL PRACTICAL TESTS

Part I

For Women:

General Gymnastics	100
Apparatus and Corrective Exercises	100
Group Athletic Games	100
Swimming	100
National and Folk Dances	100

For Men:

Calisthenics	100
Apparatus	100
Games	100
Swimming	100
Track and Field Athletics	100

Part II

For Women:

General Gymnastics	100
Organized Games	100
National and Folk Dances	100
Swimming	100
Apparatus	100

For Men:

Calisthenics	100
Apparatus	100
Coaching	100
Swimming	100
Track and Field Athletics	100

(3) In each of the practical tests 50 per cent. of the marks will be assigned to the sessional and 50 per cent. to the final tests.

(4) The requirements to pass are 50 per cent. of the marks assigned to each subject of the written and practical tests.

(5) A candidate who fails on only one subject may complete his standing by passing on that subject at a subsequent examination.

CERTIFICATES

1. Candidates who pass the prescribed examinations for Part I will be granted Interim certificates as teachers of Elementary Physical Education valid in a Public, Separate, High or Continuation School, provided they are otherwise qualified to teach in such schools.

2. Candidates who hold First or Second Class certificates and who pass the prescribed examinations for Parts I and II will be granted Interim certificates as Supervisors of Physical Education in a Public or Separate School.

3. Candidates who hold High School Assistants' certificates and who pass the prescribed examinations for Parts I and II will be granted Interim certificates as Specialists on Physical Education valid in a Public, Separate, High or Continuation School or Collegiate Institute.

NOTE.—In addition to passing the prescribed examination for Parts I and II, male teachers are required to present for inspection their certificates as Cadet Instructors before they can be granted certificates as Supervisors or Specialists in Physical Education.